

NUTRITION FACTS

	Serving Size	Servings per pkg	Total Calories	Total Fat	Sat. Fat	Trans Fat	Cholesterol	Sodium	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	Calcium (%DV)	Iron (%DV)
Baked Goods														
Cinnamon Rolls	1 roll (142g)	4	410	15g	4.5g	-	45mg	440mg	65g	4g	27g	8g	-	15%
Apple Cinnamon Muffins	1 muffin (135g)	4	370	13g	6g	-	50mg	300mg	58g	2g	30g	7g	20%	10%
Blueberry Muffins	1 muffin (119g)	4	340	12g	5g	-	55mg	270mg	52g	1g	28g	7g	20%	10%
Morning Glory Muffins	1 muffin (119g)	4	400	20g	4g	-	35mg	470mg	53g	2g	35g	5g	2%	10%
Blueberry Pie	1 slice (179g)	6	330	13g	6g	-	-	240mg	55g	5g	29g	2g	2%	6%
Cherry Pie	1 slice (181g)	6	390	15g	6g	-	-	240mg	70g	2g	47g	3g	2%	6%
Apple Pie	1 slice (179g)	6	330	15g	7g	-	-	310mg	53g	3g	33g	3g	-	6%
Wheat Bread	1 slice (31g)	18	70	1g	-	-	-	130mg	14g	1g	1g	2g	4%	6%
White Bread	1 slice (31g)	18	70	1g	-	-	-	120mg	14g	1g	1g	2g	4%	6%
Hamburger Buns	1 piece (45g)	8	120	2g	1g	-	-	200mg	21g	2g	3g	4g	8%	6%
Hotdog Buns	1 piece (45g)	8	120	2g	1g	-	-	200mg	21g	2g	3g	4g	8%	6%

ALLERGENS

	WHEAT	SOY	MILK	EGG	FISH	TREE NUTS	PEANUTS	SHELLFISH	SULFITES
Baked Goods									
Cinnamon Rolls	X	X	X	X					X
Apple Cinnamon Muffins	X	X	X	X					
Blueberry Muffins	X	X	X	X					
Morning Glory Muffins	X	X		X		X			X
Blueberry Pie	X	X	X						
Cherry Pie	X	X	X						
Apple Pie	X	X	X						
Wheat Bread	X	X							X
White Bread	X	X							X
Hamburger Buns	X	X							X
Hotdog Buns	X	X							X